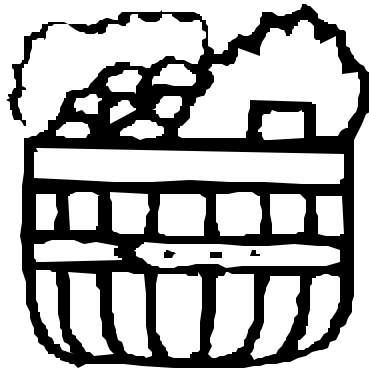


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The Creative Homemaking Guide to

Zucchini Recipes



by Rachel Paxton

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Zucchini Quiche

4 eggs, beaten
3 c. zucchini, sliced
1/2 c. onion, chopped
1/2 c. cheddar cheese, grated
1 c. Bisquick
1/2 teaspoon oregano
2 cloves garlic, minced
Salt and pepper

Preheat oven to 350 degrees. In a large bowl, mix all ingredients together. Pour into a greased 13x9x2-inch baking dish. Bake for about 45 minutes, until mixture is browned.

Zucchini Casserole

2 medium-sized zucchini, peeled and cut into cubes
2 eggs, slightly beaten
1/4 c. milk
1 teaspoon baking powder
2 tbsp. flour
2 c. cheddar cheese, grated
1/2 c. onion, chopped
1/4 c. green pepper, chopped
2 cloves garlic, minced

Preheat oven to 350 degrees. Steam or boil zucchini until almost tender. Drain and cool. In a medium-sized bowl, combine eggs, milk, baking powder, cheese, onion, green pepper, and garlic. Stir in zucchini. Bake in a greased casserole dish for about 30 minutes. Let it sit for a few minutes before serving.

Baked Zucchini

4 medium zucchini
1 small onion, chopped
1 garlic clove, minced
1/4 c. parsley, chopped
4 stalks celery, chopped
2 tbsp. butter
1 c. cottage cheese
1/4 c. buttermilk
1 egg, beaten
3/4 teaspoon oregano
Salt and pepper
1/2 c. cheddar cheese, grated

Preheat oven to 350 degrees. In a large skillet, melt butter. Saute onions, garlic, and celery until tender. Stir in cottage cheese, buttermilk, egg, salt, pepper, oregano, and parsley. Cut zucchini in half lengthwise. Place zucchini, cut side up, in a greased baking dish. Cover with foil and bake for about 15 minutes. Remove from oven and spread cottage cheese mixture over zucchini. Bake for about 15 more minutes. Sprinkle with cheddar cheese.

Zucchini & Pasta Salad

1 pound pasta of your choice
1/2 c. olive oil
1 medium zucchini, diced
1 medium yellow squash, diced
1 tomato, diced
1 bell pepper (any color), seeded and diced
2 cloves garlic, minced
Juice of 2 lemons
1 tbsp. dried dill weed
Salt and pepper

Cook pasta according to manufacturer's directions. Drain pasta and rinse it with cold water. Place pasta in a large bowl. Add 1 teaspoon of the olive oil to the pasta and stir to coat. Add zucchini, squash, tomato, and bell pepper to pasta and stir. In a medium-sized bowl, mix lemon juice, remaining olive oil, dill weed, garlic, salt, and pepper. Pour olive oil mixture into pasta and stir to mix well.

Zucchini & Mushroom Casserole

1 pound zucchini, peeled and cubed
1 small onion, chopped
2 tbsp. butter
4 eggs, slightly beaten
2 c. cheddar cheese, grated
1/2 pound mushrooms, sliced
1 teaspoon dried basil
Salt and pepper

Preheat oven to 325 degrees. In a skillet, saute mushrooms and onion in butter until onion is soft. Steam zucchini and mash it coarsely. In a medium-sized bowl, combine zucchini and eggs. Add mushrooms and onions. Pour into a greased casserole dish and bake, covered, for about 30 minutes, until eggs have set.

Zucchini Frittata

1 large onion, chopped
2 cloves garlic, minced
3 tbsp. olive oil
2 medium zucchini, sliced
Fresh parsley and/or basil, chopped
8 eggs, slightly beaten
1/2 c. Parmesan cheese, grated
Salt and pepper

In a large skillet, heat oil. Cook onion and garlic until soft, about 5 minutes. Add zucchini and cook until zucchini is barely tender (10 to 15 minutes). Remove skillet from heat and add parsley, basil, salt, and pepper. Pour eggs over zucchini mixture. Cover and cook over medium heat until eggs have set (about 15 minutes). Sprinkle with cheese and cook until cheese melts. Cut into wedges.

Zucchini & Pesto Pasta

8 oz. pasta, uncooked
1 medium zucchini, chopped
1 c. pesto

Cook pasta according to manufacturer's directions. Place zucchini in a strainer and pour the pasta and cooking water over the zucchini (the hot water will blanch the zucchini). Drain zucchini and pasta and place them in a large bowl. Add pesto and stir. Refrigerate.

Pesto

2 cloves garlic, minced
3 c. fresh basil leaves, washed
1/4 c. olive oil
1/4 c. vegetable broth
1/4 c. Parmesan cheese, grated

Process garlic in a food processor. Add basil leaves and pulse to chop. While motor is running, slowly add olive oil and vegetable broth until mixture is smooth. Add cheese and pulse a couple of times to mix.

Cream of Zucchini Soup

3 tbsp. butter
1 medium onion, finely chopped
2 cloves garlic, minced
2 medium-sized zucchini, chopped
4 tbsp. butter
4 tbsp. flour
4-6 c. milk
1 tbsp. fresh basil, chopped
1/2 teaspoon fresh tarragon, chopped
1/2 teaspoon fresh thyme, chopped
Salt and pepper

In a large saucepan, melt 3 tbsp. butter. Add onion and garlic and cook until lightly browned. Add herbs, pepper, and salt and cook, stirring, for 2 to 3 minutes. Add zucchini and cook until tender. Add a little water if necessary. In a small saucepan, melt 4 tbsp. butter. Whisk in the flour, 1 tbsp. at a time. Cook, stirring, for about 1 minute. Slowly add 2 c. of the milk, stirring constantly. Bring mixture to a boil and then simmer to thicken (about 5 minutes). Stir frequently. Pour thickened milk over vegetable mixture. Slowly add milk until the desired consistency is reached. Simmer for about 5 minutes.

Zucchini & Yogurt Sauce

2 medium zucchini, grated
2 tbsp. water
1/2 c. plain yogurt
1 garlic clove, minced
2 teaspoons fresh dill, chopped
1 teaspoon white wine vinegar
1 tbsp. olive oil

Heat the water in a large skillet. Add zucchini and cook for about 5 minutes, stirring occasionally. In a small bowl, mix the rest of the ingredients. Add yogurt mixture to the zucchini in the skillet. Cook until heated through.

Zucchini & Tomato Casserole

2 medium zucchini, cubed
1 tbsp. fresh chives, chopped
1 teaspoon butter, melted
2 large tomatoes, finely chopped
1 teaspoon fresh basil, chopped
1/2 c. cheddar cheese, grated
Salt and pepper

Preheat oven to 350 degrees. Steam zucchini until barely tender. Arrange zucchini in the bottom of a casserole dish. Stir salt, pepper, and chives into butter and pour over zucchini. Cover with tomatoes and sprinkle with basil and cheddar cheese. Bake, uncovered, for about 30 minutes.

Zucchini Slices

1/4 c. olive oil
4 medium zucchini, sliced
1 lemon
Parmesan cheese (optional)

Heat the olive oil in a skillet. When the oil is hot, place the zucchini slices in the skillet so they are not touching each other. Lightly brown both sides of the zucchini slices. Remove the zucchini slices from the skillet and place them on paper towels to drain off the oil. Squeeze some lemon juice on the zucchini, and sprinkle with Parmesan cheese, if desired.

Zucchini & Sun-Dried Tomatoes

3 tbsp. olive oil
3 large cloves garlic, minced
3 large sun-dried tomatoes (packed in oil), chopped
1 medium zucchini, chopped
1 medium tomato, chopped
1/4 c. white wine
1/4 c. mozzarella cheese, grated
Salt and pepper

In a large skillet, heat oil. Add garlic and sun-dried tomatoes and cook for about 5 minutes. Add zucchini and tomatoes and cook for 5 more minutes. Add wine, salt, and pepper. Simmer until zucchini is barely tender (about 5 minutes). Add cheese and cook until cheese melts.

Kidney Bean & Zucchini Soup

4 quarts water
1 pound kidney beans
1/2 c. olive oil
10 cloves garlic, minced
2 medium zucchini, peeled and cubed
1 c. fresh parsley, chopped
1/2 teaspoon dried basil
Salt and pepper

In a large saucepan, bring the water to a boil. Add the beans and cook over medium heat, uncovered, for about 1 1/2 hours, until beans are tender. In a large skillet, heat olive oil. Add garlic and cook until garlic is soft (about 5 minutes). Add zucchini, parsley, basil, salt, and pepper. Cook, stirring frequently, over low heat until zucchini is soft (about 15 minutes). Add zucchini mixture to beans and stir well. Simmer, uncovered, for about 45 minutes, until zucchini and beans are soft.

Zucchini with Herbs

2-3 medium zucchini, peeled and sliced
3 cloves garlic, minced
Basil
Parsley
Olive oil
1 medium tomato, chopped (optional)
Parmesan cheese

Steam zucchini until soft. Mash zucchini in a bowl until it is the consistency of mashed potatoes. Add garlic and basil. Stir in parsley, olive oil, tomatoes, and cheese. Serve warm or cold.

Stuffed Zucchini

5 medium zucchini
1/4 brown rice, uncooked
1/2 c. boiling water
1 small onion, chopped, chopped finely
1 clove garlic, minced
1/2 c. parsley, chopped finely
1/4 c. olive oil
1/2 c. bread crumbs
1 lemon
1 egg, separated
1 c. mushrooms, chopped finely (optional)
1/2 c. cheddar cheese, grated
Salt and pepper

Hollow out zucchini with a spoon. After scooping out zucchini, chop remaining insides into small pieces. In a medium-sized saucepan, cook rice with water, onion, garlic, salt, pepper, and oil for about 15 minutes. Add chopped zucchini and cook 5 more minutes. Add bread crumbs, parsley, juice from the lemon, the egg white, mushrooms, and cheese. Preheat oven to 350 degrees. Place filling into zucchini shells. Arrange the zucchini in a baking dish. Spread extra filling around the shells in the bottom of the pan. Cover with foil and bake about 40 minutes.

Vegetable Sauce

1/4 c. olive oil
3 cloves garlic, minced
2 medium zucchini, chopped
1 small onion, chopped
1/4 c. parsley, chopped
2 (28-oz.) cans whole, peeled tomatoes
1/4 c. fresh basil, chopped
Salt and pepper

In a large saucepan, heat olive oil. Add garlic, onion, and zucchini. Cook, stirring, for about 5 minutes. Add parsley, tomatoes, basil, salt, and pepper. Break tomatoes apart with a spoon. Cook over medium heat, simmering, for about 25 minutes. Stir frequently. Serve over pasta.

Zucchini & Potatoes

5 medium zucchini, peeled and cubed
2 medium potatoes, peeled and cubed
1 clove garlic, minced
1/2 c. chopped green onions
1/2 teaspoon basil
2 tbsp. olive oil
2 medium tomatoes, chopped
Salt

In a large skillet, heat oil. Saute onions, garlic, and basil. Add zucchini, potatoes, and tomatoes. Stir and cook until vegetables are tender. Sprinkle with salt.

Zucchini & Rice Casserole

3 tbsp. olive oil
5 or 6 fresh basil leaves, chopped
2 cloves garlic, minced
1 medium onion, chopped
2 c. brown rice, cooked
2 medium zucchini, sliced
1/4 c. bread crumbs
4 oz. monterey jack cheese, grated
Salt and pepper

Preheat oven to 375 degrees. In a medium-sized bowl, combine olive oil, salt, pepper, basil, and garlic. Spread the rice in the bottom of a 13x9x2-inch baking dish. Arrange half of the zucchini on top of the rice. Sprinkle with bread crumbs and cheese. Spoon some of the sauce on next. Sprinkle with the chopped onion. Add a layer of the remaining zucchini slices. Top with remaining sauce. Bake, uncovered, until vegetables are tender (about 1 1/2 hours).

Dilled Zucchini

2 tbsp. olive oil
1 c. green onions, chopped
1 clove garlic, minced
4 c. zucchini, cut into 1/2-inch slices
Salt and pepper
Dill

In a large skillet, heat oil. Cook onion and garlic until onion is soft. Add zucchini. Sprinkle salt, pepper, and dill on top. Cover and cook until zucchini is barely tender.

Vegetable Burritos

- 2 medium zucchini, sliced
- 2 small yellow squash, sliced
- 1 large bell pepper (any color), chopped
- 1 large tomato, chopped
- 1 small onion, chopped
- 3 tbsp. fresh parsley, chopped
- 1 c. sour cream
- 2 c. monterey jack cheese, grated
- 4 large flour tortillas

Preheat oven to 375 degrees. Steam zucchini, squash, and bell pepper until tender. In a medium-sized bowl, combine zucchini mixture, tomato, onion, parsley, sour cream, and half of the cheese. Stir to mix. Spoon zucchini mixture into the 4 flour tortillas. Roll tortillas and arrange seam-side down in a 13x9x2-inch baking dish. Sprinkle remaining cheese on top. Bake for 30 minutes.

Zucchini & Tomatoes

- 1/2 c. plain, low-fat yogurt
- 1 egg
- 4 tbsp. feta cheese, crumbled
- 3 zucchini, peeled and chopped
- 1/2 c. mushrooms, chopped (optional)
- 1 leek, sliced (optional)
- 2 tomatoes, chopped
- Parsley
- Dill

Preheat oven to 350 degrees. In a medium-sized bowl, mix together yogurt, egg, herbs, and cheese. Steam zucchini, mushrooms, and leeks. Arrange vegetables in a greased casserole dish and pour yogurt mixture on top. Bake until cheese melts, about 15 minutes.

Zucchini & Tomato Gratin

2 tbsp. butter
3 tbsp. olive oil
1 medium zucchini, sliced
1 medium onion, chopped
1 clove garlic, minced
4 medium tomatoes, chopped finely
1/2 c. fresh bread crumbs
Salt and pepper

Preheat oven to 400 degrees. In a large saucepan, melt 1 tbsp. butter and 1 tbsp. of olive oil. Cook zucchini until barely tender (about 5 minutes). In another saucepan, heat the rest of the olive oil. Cook onion and garlic until they are soft (about 5 minutes). Reduce heat to low and add tomatoes to the onion mixture. Cook until tomatoes are soft (about 15 minutes). Add salt and pepper. Stir the zucchini into the tomato sauce and pour this mixture into a casserole dish. Sprinkle bread crumbs on top and dot with remaining butter.

Zucchini Salad

1 1/2 c. zucchini, unpeeled, sliced thin
1/2 c. celery, chopped
1/4 c. green onions, chopped
1/4 c. green pepper, chopped
1/4 c. vinegar
3 tbsp. olive oil
1 tbsp. wine vinegar
2 tbsp. water
Salt and pepper
Basil

Layer zucchini, celery, onions, and pepper in a medium-sized bowl. Mix vinegar, olive oil, spices, and water together in a small bowl and pour over vegetables. Refrigerate to blend flavors.

Zucchini Bake

4-5 medium zucchini, grated
1 c. Bisquick
1 c. cheddar cheese, grated
2 eggs, beaten
Salt and pepper
Oregano

Preheat oven to 375 degrees. Combine all ingredients in a medium-sized bowl, stirring well. Pour mixture into a greased casserole dish and bake to about 45 minutes.

Zucchini Pesto

3 medium zucchini, chopped and steamed
1 clove garlic, minced
1/2 c. basil leaves, chopped
2 tbsp. fresh parsley, chopped
2 tbsp. Parmesan cheese, grated
1/4 teaspoon salt
1 1/2 teaspoons olive oil

Process all ingredients in a food processor until smooth.

Zucchini Stew

2 medium onions, chopped
1/3 c. olive oil
1 pound tomatoes, chopped
1 teaspoon sugar
1/2 c. water
2 medium zucchini, chopped
1 teaspoon fresh dill, chopped
Salt and pepper

In a large saucepan, heat oil. Cook onions until soft (about 5 minutes). Add tomatoes and sugar and cook for 10 minutes. Add water, salt, and pepper and stir. When sauce boils, add zucchini and dill. Cook until zucchini is tender (about 15 minutes).

Zucchini Pancakes

3 c. zucchini, grated
2 eggs
3 tbsp. flour
1/4 c. Parmesan cheese
1/2 teaspoon salt
Pepper
Butter

In a medium-sized bowl, mix together zucchini and salt. Let stand about 45 minutes. Squeeze excess moisture from zucchini. In another bowl, beat eggs well. Add zucchini, flour, cheese, and pepper; mix well. In a large skillet, melt some butter. Fry tbsps. of the zucchini mixture until lightly browned, turning once. Makes about 12 pancakes.

Baked Zucchini Au Gratin

1/2 c. yogurt
1 egg
1 tbsp. fresh parsley, chopped
1 teaspoon fresh dill weed
3 tbsp. feta cheese, crumbled
2 medium zucchini, chopped
1/2 c. mushrooms, chopped
2 tomatoes, chopped
1 clove garlic, minced

Steam zucchini and mushrooms until barely tender. Preheat oven to 350 degrees. In a medium-sized bowl, mix together egg, herbs, cheeses, and garlic. Place zucchini and mushrooms in a greased casserole dish. Pour cheese mixture on top. Bake for about 15 minutes.

Zucchini & Cheese Casserole

1 tbsp. butter
4 c. zucchini, unpeeled and sliced thinly
1/2 c. onions, chopped
2 garlic cloves, chopped
2 eggs, slightly beaten
6 oz. mozzarella cheese, grated
1 teaspoon dijon-style mustard
Oregano
Basil
Parsley
Salt and pepper

Preheat oven to 350 degrees. Melt butter in a skillet. Add zucchini and onions and cook 10 minutes, stirring frequently until vegetables are barely tender. Remove from heat. Add parsley, garlic, oregano, basil, salt, and pepper. In a large bowl, mix together eggs, mozzarella cheese, and mustard. Add egg mixture to zucchini and blend well. Pour zucchini mixture into a greased casserole dish. Bake, uncovered, until lightly browned (about 30 minutes).

Zucchini & Cheese Enchiladas

2 medium zucchini, grated
1 c. ricotta or cottage cheese
1 small onion, chopped
2 cloves garlic, minced
1 c. mushrooms (optional)
2 c. cheddar cheese, grated
1 (26-oz.) jar pasta or spaghetti sauce
8 flour tortillas

Preheat oven to 350 degrees. In a medium-sized bowl, combine zucchini, cottage cheese, onion, garlic, mushrooms, and 1 c. of cheddar cheese. Pour half of the pasta sauce into the bottom of a 13x9x2-inch baking dish. Spoon zucchini mixture into each of the flour tortillas. Roll each tortilla and place seam-side down in the baking pan. Sprinkle remaining zucchini mixture (if any) on top. Pour the remaining pasta sauce on top and sprinkle with remaining cheese. Bake for 30 minutes.

Hamburger & Zucchini Casserole

2 c. zucchini, grated (uncooked)
1/4 teaspoon basil
1 c. onion, chopped
2 c. cottage cheese
1 c. cheddar cheese, grated
1 pound hamburger
1 c. instant rice, cooked
Salt and pepper

Preheat oven to 350 degrees. In a large skillet, brown hamburger and onions. Add rice, basil, salt, and pepper. Place half of the zucchini in the bottom of a greased casserole dish. Cover with hamburger mixture. Spread cottage cheese over hamburger and add another layer of zucchini. Sprinkle cheddar cheese on top. Bake for about 35 minutes.

Zucchini Pizza

4 c. zucchini, grated and drained
2 c. rice, cooked
1 1/2 c. mozzarella cheese, grated
1 1/2 c. Parmesan cheese, grated
2 eggs
1 pound hamburger
1 medium onion, chopped
2 cloves garlic, chopped
1 (15 1/2-oz.) jar spaghetti sauce

Preheat oven to 400 degrees. In a large bowl, combine zucchini, rice, 1/2 of the cheeses, and the eggs. Press the zucchini mixture into the bottom of a greased 13x9x2-inch baking dish. Bake until mixture is lightly browned (about 15 minutes). In a large skillet, brown hamburger. Add onion and garlic and cook until tender. Drain fat and stir in spaghetti sauce. Spread hamburger mixture over zucchini mixture and sprinkle remaining cheese on top. Bake until cheese melts (about 15 minutes).

Zucchini Stuffing

1/4 c. butter
2 c. zucchini, chopped
1 c. onion, chopped
2 tbsp. fresh parsley, chopped
2 cloves garlic, minced
2 eggs
3 c. cornbread, crumbled
Salt and pepper

In a large skillet, melt butter. Add zucchini, onion, parsley, garlic, salt, and pepper. Cook until zucchini is tender (about 10 minutes). In a medium-sized bowl, beat eggs. Stir in zucchini mixture and cornbread. Spoon into a greased casserole dish and bake until browned (about 30 minutes).

Zucchini Cheddar Bread

1 c. chopped onions
1/4 c. butter
2 1/2 c. Bisquick
1 tbsp. fresh parsley, chopped
1/2 tsp. thyme
3 eggs
1/2 tsp. basil
1/4 c. milk
1 c. grated cheese
1 1/2 c. to 2 c. shredded zucchini

Saute onions in butter. Cool a little and then add remaining ingredients. Pour into an 8x8-in. baking pan and bake at 400 degrees for 40 minutes.